Evening World Daily Magazine

For Physical Preparedness U. S. Army Exercises Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



THIRD SET—Free Hand Exercise No. 6.

ODERATE exercises aid digestion by creating appetite, promoting secretion of the digestive fluids, stimulating the blood circulation and the action of the eliminative organs of the body and for this reason they are used in the army, navy and all Government departments. Readers must understand that they are just as beneficial for the thin as for the fat for the above reasons.

Continuing the free-hand army setting up exercises for the arms shoulders and upper body to-day's illustrations show another which should be practiced as follows: Assume the "at command" position which is shown in figure 1 and at the command "arms cross," they are crossed in front of the body, fingers out, as shown in the large picture. On the command "down" the original starting position should be assumed. Do

Answers to Health and Beauty Questions.

VIBRATORY MASSAGE - MRS. will only exaggerate the growth and HARRIET R.: Yes, vibratory mas-sage is very beneficial for poor circu-sage is very beneficial for poor circu-tive added to the peroxide, but is not lation and many other troubles. It is necessary. better to use it gently than too stren-

ously.

TOOTHACHE—SAMUEL: Toothache is usually the result of neglect of the teeth and you should consult be depicted by the consult of the teeth and you should consult before the consult of the teeth and you should consult before the consult of the teeth and you should consult before the consult of the consult before the consultation before the con Powdered orris, 1 oz.; powdered can be had. Spirite of camphor cloves, 1-4 oz.; powdered cassia, 1-4 rubbed on the dry gums will relieve

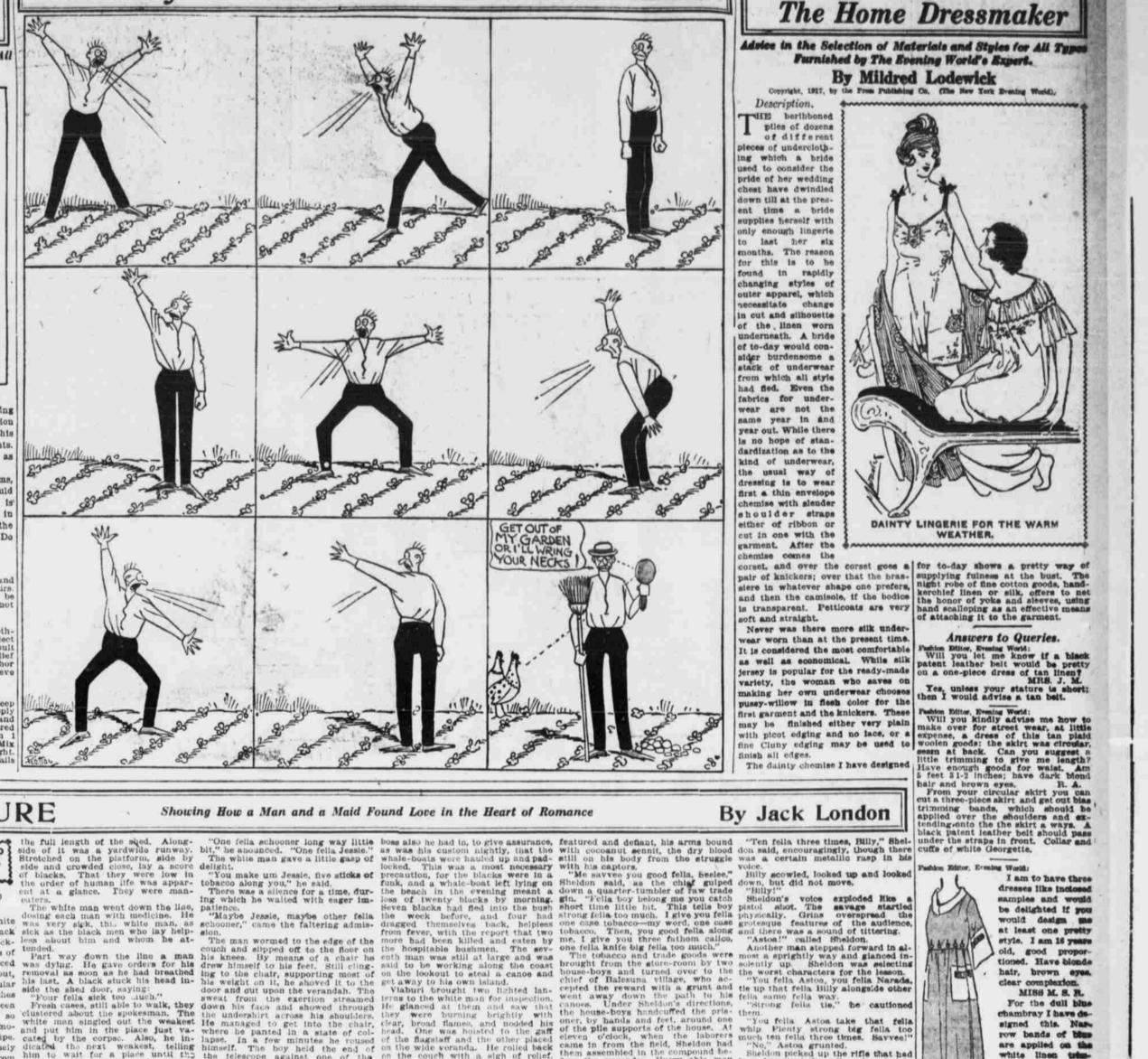
der, I dram. Mix well and keep the hang nails cut closely and apply the following to soften them and also soften the cuticle: Powdered Castile soap I dram, petrolatum I ounce, oil bergamot 10 drops. Mix well and apply to the nails at night. This polishes and smooths the nails which are drying and huriful to the hair. It is best to let nature take its course and wash the hair with melted castile soap, rinse well and dry it in the sun light.

HENNA FOR REDDENING HAIR
—MRS. WALTER R.: Leaving the
henna on the hair too long has made
it such a bright red, and this will
have to wear off, as it will not wash
off. Fifteen minutes makes the hair
a dark beautiful bronze shade.

SPAGHETTI-MRS. GEORGE R.: If you are so fond of spaghetti that you cannot do without it, even chough you are trying to lose weight

The Day of Rest

By Maurice Ketten



Original Designs for The Home Dressmaker

Advice in the Selection of Materials and Styles for All Types Furnished by The Evening World's Expert.

By Mildred Lodewick

THE beribboned

piles of dozens of different pieces of underclothing which a bride sed to consider the pride of her wedding chest have dwindled down till at the present time a bride supplies herself with only enough lingerie months. The reason for this is to be found in rapidly changing styles of outer apparel, which necessitate change in cut and silbouette of the linen worn underneath. A bride of to-day would consider burdensome a stack of underwear from which all style had fied. Even the fabrics for underwear are not the same year in and year out. While there is no hope of standardization as to the kind of underwear, the usual way of dressing is to wear first a thin envelope chemise with slender shoulder straps either of ribbon or cut in one with the garment. After the chemise comes the

corset, and over the corset goes a for to-day shows a pretty way pair of knickers; over that the bras-siers in whatever shape one prefers, and then the camisole, if the bodies is transparent. Petticoats are very soft and straight.

supplying fulness at the bust. The night robe of fine cotton goods, hand-kerchief linen or silk, offers to net the honor of yoke and sleeves, using hand scalloping as an effective means of attaching it to the garment.

Never was there more silk underwear worn than at the present time It is considered the most comfortable as well as economical. While silk jersey is popular for the ready-made variety, the woman who saves on

LINGERIE FOR THE WARM

Answers to Queries. Pashion Etitor, Evening World:
Will you let me know if a black
patent leather belt would be pretty
on a one-piece dress of tan linen?
MRS. J. M.



are applied on the

To Miss G. V. W. You may use this style for y



basque fashion which I would like to use in connection with some other materials, lace or otherwise, for a summer afternoon dress. I am 5 feet 6 inches tall, weigh 118 pounds, so you see I am thin. Have black hair, blue eyes and excellent complexion. Am twenty-three D. D. L.

Would advise lace revers, &c. se

white man was to live or night," he added, half an hour later.

(To Be Continued.)

sketched, with plain or fancy net.

Rose ribbon straps to outline pockets

if color can be matched.

ADVENTURE

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE

(Courfight, McClure Newspaper Syndicate.)

CHAPTER 1.

The wild are an above of the control of the control

I have a rose color

stik waist made in